



Enlightenment Series

We've designed this 6-week series for you to learn, grow and explore your personal empowerment while creating ways to THRIVE in this hectic world.

The series will include:

- Mindfulness and meditation techniques
- Ways to raise your vibration and attract what you want for your life
- Let go and release your emotional and physical baggage and your limiting beliefs that drive your life
- Learn movement techniques using ancient wellness philosophies
- Learn easy ways purify your diet for wellness; body, mind and spirit

This series is facilitated by Irene Pregl and Cheryl Anderson-Hinz
Thursdays September 14, 21, 28 and October 5, 19, 26
6:30- 8:00 PM Cost for series is \$180.00 or \$35 per class

St. Croix Healing Arts Center
411 Cty Rd UU (lower level)
Hudson, WI 54016
stcroixhealingartscenter@gmail.com
CEU's WITC registration